

ABSTRACT OF THE DISCLOSURE

There is provided a steam generator for a sustained supply, in a simple and easy way and without displacement, of steam that is as safe as in a steamed towel to the body skin or mucosa. The steam generator has a steam generation portion composed of a steam-generating composition containing a metal powder, a salt, and water, and an adhesive layer on the surface which is to be applied to the skin or mucosa. The steam-generating composition discharges steam as the metal powder is oxidized. In the steam generation portion, the steam-generating composition is held or sandwiched in a support so as to inhibit the movement of the steam-generating composition inside the steam generation portion, and the steam generation portion itself is formed into a sheet.